

Yoga with Shannon VanSickle

Wednesday's & Friday's at 9am

6-class punch card for \$60 or \$12 per class drop in.

Pre-registration and payment is required

Classes start on Feb. 2nd , 2022

Shannon VanSickle has been practicing yoga for 8 years. She has had the privilege of teaching kids classes, all-level classes, chair yoga and private sessions. Shannon focuses her classes on the needs of each individual, making her classes enjoyable to the beginner and advanced student. All yoga classes focus on meditation, breath work and a sequence of stretching that allows students to learn to connect mind, body, breath and spirit.

Classes are held at the Holderness Town Hall

Visit www.holderness-nh.gov/departments-recreation , call 603-968-3700 or email recreation@holderness-nh.gov for more information.

